

An Introductory Workshop Program on **Centering Prayer**

- ✦ Do you feel pulled in all directions?
- ✦ Do you want more from your prayer life?
- ✦ Do you hunger for a deeper personal relationship with God?

Centering Prayer may be for you. Centering prayer is a simple method of Christ-centered silent prayer, a renewal of an ancient Christian contemplative practice, updated for our time. It can lead to a deeper prayer life, personal healing, spiritual transformation, and closer union with God.

All Hallows Catholic Church

6601 La Jolla Scenic Drive South, La Jolla

Saturday, Nov. 6, 2010

Registration: 8:30 a.m. – 8:50 a.m.

Workshop program: 9:00 a.m. – 3:00 p.m.

Suggested Donation: \$25.00

Program includes the Saturday workshop and six continuing sessions.

Please bring a Sack Lunch - Beverages will be served



Centering Prayer Introductory Workshop Program – All Hallows, La Jolla - Registration Form

Name: _____ Phone: _____ Email: _____

Address: _____

City: _____ State: _____ ZIP: _____

Please make registration checks payable to: Contemplative Outreach of San Diego or “C.O.S.D.”

Mail to: C.O.S.D.–15420 Olde Highway 80, Sp. 98, El Cajon, CA 92021

For further information contact: Kathy Di Fede 619-749-4141 or Karen Downs 858-488-1014